Quick-Start Guide for Postdocs

6 ways to make the most of Postdoc Academy services

1. **Register** to use your local Postdoc Centre for hot-desking and event spaces.

2. **Subscribe** to the Postdoc Bulletin to get our weekly newsletter with upcoming opportunities, events and updates for postdocs.

3. Check the **Postdoc Calendar** to find events for postdocs across the University - you can also add it to your own Outlook, Google or Apple calendar to stay up-to-date.

4. Attend some of our **Postdoc Masterclasses** expert-led workshops on topics ranging from negotiating skills, leadership and imposter syndrome, to writing Fellowship grants and building research collaborations.

5. Look for a **College affiliation** to gain access to the facilities, benefits, teaching opportunities and contacts that the Colleges offer. Details of current opportunities are listed on our website and Postdoc Bulletin.

6. Consider finding a **mentor** either through our postdoc mentoring scheme, or using the resources on our website to find a mentor elsewhere in your network.